JEEP ROGERS FAMILY YMCA
FITNESS PLANNER



NOVEMBER 2026

MONDAY

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	60	FTC	Coach Q
Les Mills BODYPUMP	8:30	60	GX	Audrey
Power Barre	8:30	60	SMB	Pam
Aqua Fit	9:00	60	Pool	Carla
Cardio Core	9:30	45	GX	Liz
Pilates ♦	9:30	60	SMB	Trish
Cycle	9:30	60	Cycle	Tonya
Zumba ♦	10:30	60	GX	Stacey
Line Dance ♦	11:35	60	Gym	Stacey
AOA Balance	11:30	60	GX	Tiffany
Evening	**Start**	**Time**	**Room**	**Led By**
Total Strength	5:30	60	GX	J'Aimee
Cycle	6:30	60	Cycle	J'Aimee
Cardio X ♦	6:30	60	GX	Crystal
Yoga	6:30	60	GX	Nikia

TUESDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP	5:30	60	GX	Trina
Circle-lates	8:30	60	GX	Trish
Aqua Fit	9:00	60	Pool	Carla
Zumba ♦	9:30	60	GX	Stacey
Cycle	9:30	45	Cycle	Tonya
HIIT	9:30	45	SMB	Liz
Deep Water	10:00	60	Pool	Joyce
Move & Groove	10:35	60	Gym	Stacey
Total Strength	10:30	45	GX	Liz
AOA Circuit	11:30	60	GX	Stacey
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYPUMP	5:30	60	GX	Melissa
PiYo ♦	5:30	60	SMB	Barbara
Cycle	6:00	60	Cycle	Kenesha
Zumba	6:30	60	GX	Lori

WEDNESDAY

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	60	FTC	Chris
Les Mills BODYPUMP	8:30	60	GX	Audrey
Barre	8:30	45	SMB	Liz
Aqua Fit	9:00	60	Pool	Joyce
Gentle Yoga	9:30	60	SMB	Carrie
Upper / Lower Conditioning	9:30	60	GX	Liz
Aqua Fit	10:00	60	Pool	Carla
Deep Water	10:00	60	Pool	Joyce
Dance Fit ♦	10:30	60	GX	Stacey
AOA Circuit*	11:30	60	GX	Stacey

WEDNESDAY, con't

Evening	Start	Time	Room	Led By
Les Mills BODY STEP	5:30	60	GX	Chris/John
Barrelates	6:30	60	SMB	J'Aimee
MixxedFit ♦	6:30	60	GX	Erica

THURSDAY

Morning	Start	Time	Room	Led By
Les Mills BODYPUMP/CORE	5:30	30/30	GX	Trina
Total Body HIIT/Sculpt	8:30	45	GX	Liz
Aqua Fit	9:00	60	Pool	Joyce
Zumba ♦	9:30	60	GX	Stacey
B'HIIT	9:30	60	SMB	Pam
Deep Water	10:00	60	Pool	Joyce
Move & Groove	10:35	60	Gym	Stacey
Total Strength	10:30	45	GX	Liz
PWR - Parkinson's	11:30	60	GX	Rotation
Evening	**Start**	**Time**	**Room**	**Led By**
Les Mills BODYPUMP	5:30	60	GX	Chris/John
Yoga	6:30	60	SMB	Nikia
Zumba ♦	6:30	60	GX	Dionna

FRIDAY

Morning	Start	Time	Room	Led By
Functional Fitness	5:30	60	FTC	Rotation
Les Mills BODYPUMP	8:30	60	GX	Kristi
Bosu Blast	8:30	45	SMB	Liz
Aqua Fit	9:00	60	Pool	Carla
Pilates	9:30	60	GX	Trish
Dance Fit ♦	10:30	60	GX	Stacey
Yoga	10:30	45	SMB	Nikia
AOA Balance	11:30	60	GX	Tiffany

SATURDAY

Morning	Start	Time	Room	Led By
B'HIIT	8:30	60	GX	Pam
Functional Fitness	8:30	60	FTC	Coach Q
Cycle/Les Mills RPM	8:30	45	Cycle	Rotation
PiYo	9:30	60	SMB	Barbara
Les Mills BODYPUMP	9:45	60	GX	Rotation

SUNDAY

Afternoon	Start	Time	Room	Led By
Barre	2:30	60	GX	Pam

Group Exercise Studio	GX
Spirit, Mind, Body Studio	SMB
Functional Training Court	FTC
On Demand (Virtual)	OD
Youth Friendly (Ages 10 & up)	♦

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Join Youth Basketball!

CLASS DESCRIPTIONS

GETTING HEALTHY TOGETHER

All fitness classes are free for YMCA of Columbia Members. Guests may attend fitness classes once for free. Each additional visit is subject to the $12 guest fee.

ABOVE THE WAIST: This upper body workout strengthens and defines your arms and shoulders for a toned and sculpted look.

ACTIVE OLDER ADULTS: Chair-based exercises with weights, tubing, & balls for daily activities.

AQUA CIRCUIT: Unleash your inner athlete in a high-intensity water workout designed to maximize calorie burn. Gear included.

AQUA FIT: Move & groove in the shallow end with marches, jogs, and dance moves. Build endurance, flexibility, and burn calories with water resistance.

BARRE: Sculpt & Strengthen with ballet-inspired movements. Low-impact, high-burn workout targets muscles with controlled motions.

BARRELATES: A fusion style workout blending pilates, barre and yoga techniques.

BOSU BLAST: This dynamic class uses the Bosu ball to sculpt your core, improve balance, and build total-body strength.

BELOW THE WAIST: This class targets glutes, quads, hamstrings, and core to tone and strengthen your legs and backside.

CARDIO CORE: Workout for the full body that combines cardio intervals, weight lifting and core training.

CARDIO X: High energy, fast, explosive cardio workout for the full body that combines both HIIT and cardio rhythmic movements to improve balance, coordination, strength and power.

CORE BURN: Combines core, abs and back strength training with cardio intervals to reduce belly fat and strengthen core.

CYCLE: This high-energy indoor cycling class pushes you with hills, sprints, and more. Leave feeling energized!

CYCLE FUSION: This interval class combines cycling bursts with strength training for a full-body workout.

DANCE FIT: Get your groove on in this high intensity cardio class. Experience a mix of dance styles while improving your fitness.

DEEP WATER AEROBICS: Powerful moves in deep water with flotation devices maximize calorie burn & improve strength, cardio, & flexibility.

FUNCTIONAL FITNESS: Build real-world strength with functional exercises that mimic everyday movements. Improve balance, coordination, and power.

HIIT: High-intensity interval training consisting of intense burst of exercise followed by short recovery periods.

LES MILLS BODYCOMBAT: A high-energy martial arts-inspired workout. Punch and kick your way to getting fit, fast & strong.

LES MILLS BODYPUMP: This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

LES MILLS BODY STEP: Combines energetic stepping with squats, lunges, and core work for a fun and full-body workout. All levels welcome!

LES MILLS CORE: A core workout that uses athletic training principles to build strength, stability and endurance in the muscles that support the core.

LES MILLS GRIT: This quick, 30-minute workout consists of high intensity bodyweight and equipment-based exercises to build strength and take your cardio fitness to the next level.

LES MILLS RPM: A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

MIXXED FIT: Combines fun choreography and high-energy music for a workout that's as fun as it is effective. No experience needed!

MOVE AND GROOVE: Low-Impact Fun! Get moving with moderate cardio & easy-to-follow routines. Ideal for beginners or regaining fitness after injury.

PILATES: Strengthen & tone your whole body with a focus on core muscles. Improve posture & flexibility for a stronger, more balanced you.

PIYO: Sculpt and stretch your entire body with PIYO. This unique blend of Pilates and yoga improves strength, flexibility, and core stability.

PARKINSON'S: Designed to empower people with Parkinson's disease to opt imize their physical function and help the progression of symptoms.

TOTAL STRENGTH: Uses dumbbells, barbells, stability balls, and resistance bands to target all major muscle groups. No cardio, pure strength focus. Modifications available for all fitness levels.

TOTAL STRENGTH PLUS: Sculpt muscle & torch calories with weights, tubing, balls & cardio bursts. All-in-one workout for a stronger, fitter you.

YOGA: Class focuses on increasing balance and flexibility through bodily postures and breathing exercises. Yoga classes also address and often relieve many common causes for back pain.

CIRCLE-LATES: a Pilates infused class using the Magic Circle. This class provides strength and muscle toning along with balance and core(pelvic floor) strength.

ZUMBA: Dance to the beat in this high-energy class that blends Latin rhythms with fun choreography. All levels welcome, come ready to move!

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